

Summer Swimming and Diving Lessons

Join the Outdoor Pool's

American Red Cross Swimming & Water Safety program!

Our goal is to teach children safe practices and swimming skills in, on and around water while having fun. All lessons are taught by certified Water Safety Instructors and include eight forty minute lessons. In order to improve the quality and effectiveness of Swim Lessons children should be registered for the appropriate level according to their swimming skills.



Swim Lessons Monday – Thursday Mornings

9:30-10:10 am 10:15-11:05 am 11:10-11:50 am

<u>Session</u>	<u>Dates</u>
1	June 7 – 17 (Registration Dates: May 8- <u>Deadline: June 4</u>)
2	June 21 – July 1 (Registration Dates: June 11- <u>Deadline: June 17</u>)
3*	July 6 – 15 (Registration Dates: June 25- <u>Deadline: July 1</u>)
*classes run Tuesday-Friday, Monday-Thursday	
4	July 19 – 29 (Registration Dates: July 9- <u>Deadline: July 15</u>)
5	Aug 2 – 12 (Registration Dates: July 23- <u>Deadline: July 29</u>)



Swim Lesson Level Chart

Aqua Tots (Ages 6 months – 4 years)

Aqua Tots: Water exploration with a parent/guardian accompanying child in the water; No water experience necessary.

Preschool (Ages 3-4 years)

Preschool 1: Hesitant to put face in water; No water experience necessary.

Preschool 2: Comfortable in the water; Can put face in water; Bob 3 times at chin level with no support; Enter water without help; Float on front and/or back supported for 3 seconds.

Preschool 3: Can submerge under water; Float on front and back 5 seconds each with assistance; Swim using a combination of arm and leg actions for 3 body lengths on front; Roll from front to back and back to front.

Beginning (Ages 5-12 years)

Level 1: Hesitant to put face in water; No water experience.

Level 2: Can move 5 yards; Bob 5 times chin level and safely exit the water; Float on front with support 3 seconds roll to back (with assistance) and float on back with support for 3 seconds.

Level 3: Front float and back for 5 seconds each; Swim with a combination of arm and leg actions for 15 feet on the front; Roll from front to back and back to front; Continue swimming after rolling.

Advanced (Ages 5-12 years)

Level 4: Jump into deep water; Swim front crawl for 15 yards with side-breathing; Tread for 30 seconds; Swim elementary backstroke 15 yards.

Level 5: Swim front crawl 25 yards; Change direction while swimming; Swim elementary backstroke for 25 yards; Swim breaststroke for 15 yards; Swim back crawl for 15 yards.

** After completing Level 5, Pre-Comp is the next class.

Diving Lessons

Monday –Thursday Mornings

Learn the basics of diving safety and skills including the approach, tuck and pike dives.

Beginning Ages 7-12 10:15-11:05 am

Level 4 swimming skills are required to take this course.

Intermediate Ages 9-15 11:10-11:50 am

Completion of Beginning Diving is required to take this course.

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3*	July 6 - 15 (Registration Dates: June 25- <u>July 1</u>)
*classes run Tues-Fri, Mon-Thurs	
4	July 19 - 29 (Registration Dates: July 9- <u>July 15</u>)
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Murray City Summer Outdoor Pool Swim Lesson Registration Form

Child's Name: _____

Has Your Child Participated in Swim Lessons before? No ___ Yes ___ Last Level Completed _____

Class registering for: _____ Level: _____

Session number: _____ **Time:** _____

Address: _____ City: _____ Zip: _____

Age: _____ Male or Female Birth Date: _____ Grade: _____ School: _____

Parent/Guardian Name: _____ Work Phone: _____

Home Phone #: _____ Email Address: _____

Emergency Contact: _____ Relation: _____ Phone Number: _____

Cost (per child, per Session) Member/Resident: \$30

Non-Resident \$35

** If your child is registered for the incorrect class, there may not be space to move them to the correct class.*

***Registrations will not be accepted after the deadline.**

Monday-Thursday Morning SWIM Lessons

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4	July 19 - 29 (Deadline July 15)
5	Aug 2 - 12 (Deadline July 29)

9:30-10:10 AM	10:15-11:05 AM	11:10-11:50 AM
Preschool	AquaTots	Preschool
Beginning	Preschool	Beginning
Advanced	Beginning	Advanced

Monday-Thursday Morning DIVING Lessons

<u>Session</u>	<u>Dates</u>
1	June 7 - 17 (Deadline June 4)
2	June 21 - July 1 (Deadline June 17)
3	July 6 - 15 (Deadline July 1)
4	July 19 - 29 (Deadline July 15)
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10:30-11:00 AM	11:05-11:45 AM
Beginning	Intermediate
Ages 7-12	Ages 9-15

Does the participant have any physical limitations? _____ No _____ Yes

If yes, please explain: _____

In consideration of the acceptance of my application for the above activity, I hereby waive, release, and discharge any and all claims for damages, for death, personal injury, or property damage which I, as the participant, (or my child) may have, or which may hereafter accrue as a result of participation in said event. It is understood that some recreational activities involve an element of risk or danger of accidents, and knowing those risks, I hereby assume those risks. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I have read and understood the foregoing registration, and agree to all of their terms and conditions.

Signature of Parent/Guardian: _____ **Date:** _____



Office Use Only

Paid \$ _____

CASH CHECK VISA MASTERCARD DISCOVER AMEX

Date _____ Staff _____